

## **Arm Threading Beginner Version 1**



Beginner Version 1 of Arm Threading:

1. Face a wall, standing about a foot away from it.
2. Place your palm (with the fingers facing up) on a wall at shoulder height.
3. Keep the hand in place as you gradually turn your body further away from it.
4. Let intensity of the sensation be your guide as to when to stop rotating away from the palm.
5. Hold the pose for 30 seconds then switch hands. Those with arthritis in their wrists may find that only a slight rotation away from the hand to be challenging.

## **Beginner Version 2 of Arm Threading**



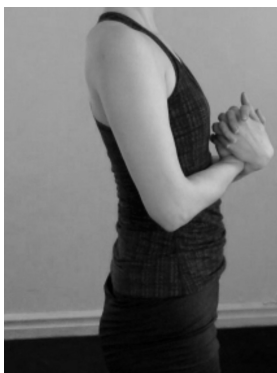
1. Sit down.
2. Extend the left arm straight ahead of you with the palm out and the thumb pointing toward the ground.
3. Take the opposite hand and grip the top of the outstretched hand and twist gently toward your body.
4. Let the intensity of the sensation be your guide as to how firmly to twist.

### **Intermediate Version 1 of Arm Threading:**

1. Sit down.
2. Bring your shoulders back and engage your abdominals so that you are sitting up straight.
3. Take your left arm out in front of you at shoulder height with the palm facing out and the thumb pointing to the ground.
4. Cross your wrists so that the palms face each other.
5. Interdigitate just down to the first joints (between distal and middle phalanges), as shown below:

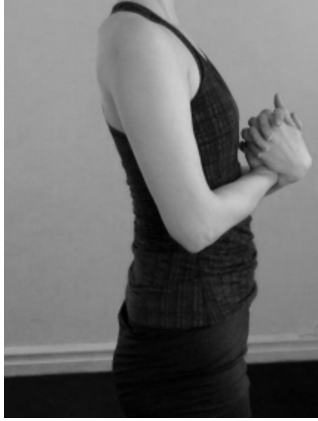


6. Curl your entwined hands downward and toward you, then upward until your forearms are vertical.



7. Settle in for a moment, re-assert the straight, shoulders back posture and then lower your hands toward your lap.
8. Hold the position for 30 seconds, then release and reverse the hands and repeat.
9. When your hands' descent approaches your navel, you're ready to try the classic version.

## **Arm Threading** **Classical / Advanced Version**



Arm Threading Classical version:

1. With arms in front of you, place your right wrist on top of the left.
2. Slide your fingers through one another past the joints, down to the point where they emerge from each hand.
3. Rotate your forearms down and in toward your torso, and continue the rotation until the hands are upward and the forearms are vertical.
4. Let your hands descend as much as possible.
5. Retain this position for 30 seconds.
6. Then reverse, beginning by placing your left wrist atop your right.